

Norfolk Resident:
FREE + \$41 Course
Record Fee

Non-Resident:
\$105 + \$41 Course
Record Fee



AMERICAN RED CROSS

LIFEGUARD TRAINING COURSE 2022

*City of Norfolk
April
Spring Break Classes!*

- All participants must be at least 15 years of age, and a parent/guardian must complete the registration forms for participants under 18 years of age.
- Participants are responsible for purchasing their own class materials.
- Completion of the course pretest is required to register for the course.
- Pretest includes:
 - 300 yard swim (front crawl or breaststroke).
 - Two minute tread (legs only)
 - 20 yard 10lb brick retrieval/tow in less than 1 minute 40 seconds

Pre-Test Schedule

Mondays: 5:00pm-6:00pm at Northside Swimming Pool
Wednesdays: 5:00pm-6:00pm at Huntersville Swimming Pool
Saturdays: 10:00am-11:00am At Southside Swimming Pool



DATE AND TIME

- April 11th, 12th, 13th, 14th, and 15th
- 10:00am-6:00pm (1hour lunch)



LOCATION

Southside Aquatic Center
1750 Campostella Road
Norfolk, VA 23523



SCHEDULE YOUR PRE-TEST TODAY

Call: (757) 333-3281

OR

E-mail:
Stephen.Rego@norfolk.gov

Lifeguard Training Participant Manual

All participants need to either download and print or purchase the lifeguard training participant manual before the first day of class.

Download Link

[American Red Cross Lifeguarding Manual Download Link](#)

Purchase (\$34.99)

[American Red Cross Lifeguarding Manual Purchase Link](#)

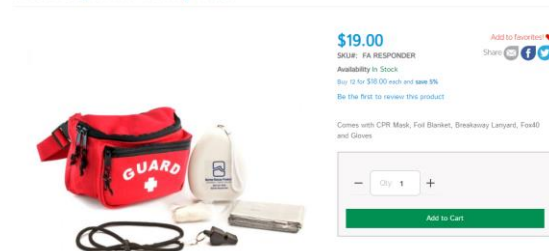
Lifeguard Training Required Supplies

All participants are required to have the following items on or before the first day of class: Hip-Pack, Whistle with lanyard, and a Pocket mask. Listed below are some online sites where you can purchase the required materials.

Marine Rescue Products - www.marine-rescue.com (\$19.00)

[Marine Rescue First Responder Fanny Pack \(SKU# FA RESPONDER\) Link](#)

[First Responder Fanny Pack](#)



eLifeguard.com - elifeguard.com (\$14.28)

[elifeguard.com Lifeguard Hip-pack Kit Link \(SKU# 1502\)](#)

[elifeguard.com Life Whistle and Whistle Lanyard Combo Link \(SKU# WHLC\)](#)

American Red Cross - redcross.org/store (\$28.47)

[American Red Cross Life Lifeguard Whistle Link \(SKU# 760003-BK\)](#)

[American Red Cross CPR Mask - Soft Case Link \(SKU# 321396\)](#)

[American Red Cross Lifeguard Hip-Pack Link \(SKU# 321200\)](#)